



## Central Texas Veterans Health Care System

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# Activity Guidelines

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### Primary Care Nutrition Tip

This handout provides only basic nutrition guidelines for this topic.  
See a Registered Dietitian (RD) for your individual needs.  
The Nutrition Clinic is a walk-in clinic (no appointment needed) in Austin, Temple and Waco and by appointment at CBOC's.  
Sign up with the clinic clerk to speak to a dietitian.

### **Other classes and programs available:**

**Diabetes Classes** - series of 3 classes with information from nursing, nutrition, pharmacy and activity specialists on how to manage your diabetes.

**Cardiovascular** - 3 hour class with nursing, nutrition and pharmacy information on heart health.

**Pre-Diabetes** — 90 minute class with nursing and nutrition information on reducing or delaying your chance of having diabetes. Available in Waco, Temple, Austin

**Renal** - 2 hour class with information from nursing and nutrition on kidney disease and management. Available in Temple, Austin

***MOVE!* Weight Management** - ***MOVE!*** is a national VA program designed to help veterans lose weight, keep it off and improve their health. ***MOVE!*** features a personalized program of nutrition, physical activity and behavior change. Visit [www.move.va.gov](http://www.move.va.gov) to find out more.

**Ask your Primary Care Team which of these classes is best for you and how to be enrolled.**

## 10 Tips for Reaching Physical Activity Goals

Nearly seven out of ten Americans do not get enough physical activity. This is a risk factor for cancer, diabetes, heart disease and stroke.

Your activity does not need to be extreme for health benefits. All exercise adds up to better health. You can have a planned exercise program or more activity can just be part of your daily routine. Below are some tips for reaching your activity goals.

1. See your doctor for a medical exam before starting an activity program.
2. Do not overdo it. Perform low to moderate level activities that get your heart rate up at first. These “aerobic” activities (e.g., brisk walking, jumping rope, stair climbing, jogging or dancing) build endurance and burn calories.
3. Slowly increase the time and speed of your activity as you become fit. Over time, work up to 30 to 60 minutes of activity, at least five days a week. If you do not have a full 30 minutes to exercise, break your activity into three 10-minute bouts.
4. Choose activities that are fun, not tiring. Try using music to keep you going and entertained.
5. Add variety. Try not to rely too much on one activity. Find more than one activity that you enjoy. That way, exercise will never seem boring or routine.
6. Wear comfortable footwear and clothing that is right for the weather and the kind of activity you choose.
7. Find a time and a safe place to get active. Try to make it a habit, but be flexible. If you miss your planned activity, work movement into your day another way.
8. Try wearing a pedometer, which measures the distance you travel on foot. Set a long-term goal of 10,000 steps a day, or about five miles. Monitor your average number of steps each day and then add several hundred more steps a day each week until you reach your goal.
9. Share your activity time with others. Make a date with a family member, friend or co-worker to walk or ride bikes. Be an active role model for your children and grandchildren.
10. Keep a record of your activities and reward yourself. Nothing motivates like success!

